THE GOOD MAN's COMFORTABLE COMPANION.

OR, A

Daily Preparation for Heaven.

Wherein are Directions for Paſſing our Days well, and acceptable to GOD.

With Divine Meditations, Prayers, and Ejaculations, fitted for the ſeveral Times and Occaſions of Offering them to GOD.

Alſo, A Collection of excellent Prayers for Morning and Evening for every Day in the Week.

Very proper to be had in all Chriſtian Families, and by ſuch Perſons, whoſe Buſineſs on ordinary Days will not permit them a longer time of Devotion.

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Directions how to paſs our Days well and acceptable to GOD.

SAINT Baſil exhorts us to this Purpoſe, That before we do any Thing elſe, we be careful to conſecrate the firſt Fruits of the Day, and the very Beginning of our Thoughts, unto the Service of God. Accordingly, let the firſt Thing that you do, and the firſt Words which you ſpeak, every Day, tend to this great and important End, The Worſhip and Acknowledgement of Almighty God. For, as good Men have obſerved, upon the firſt Thoughts do commonly depend the Thoughts and Actions of the whole Day. Therefore when you firſt awake, you muſt admire and thankfully acknowledge his great Goodneſs for laſt Night's Sleep, who might, and deſervedly too, have ſuffered Death to ſeize on you whilſt ſleeping, and Hurried you hence, to render an Account of what you have done in the Fleſh; the Reſult of which will be to think how (on the Suppoſal of this dreadful Supriſe) you were prepared; and ſo conclude and pray, Happy is that Servant whom the Lord, when he cometh, ſhall find ſo doing.

To this Meditation prefix this holy Ejaculation;

LIghten mine Eyes, O God! that I ſleep not in Death. Amen.

And ſubjoin this humble Reſignation of yourſelf.

INto thy Hands, O God, I commend this Day my Soul and my Body, beſeeching thee to be e-

ver with me, to direct, ſanctify, and govern me, in the Ways of thy Laws, and in the Works of thy Commandments, that through thy mighty Protection, both here and ever, I may bepreſerved both in Body and Soul, to ſerve thee, the only true God, thro' Jeſus Chriſt our Lord. Amen.

After which preſently ariſe, and ſay.

IN the Name of God the Father, the Son, and the Holy Ghoſt, Amen. Bleſſed be God the Holy and Undivided Trinity, now and for ever, Amen. I ariſe from my Bed to glorify him, He of his infinite Mercy bleſs and keep me this Day, and for ever more, Amen. I laid me down, and ſlept, and roſe again; for the Lord ſubſtained me.

As you are dreſſing yourſelf, ſay.

I Will put on the Lord Jeſus Chriſt, and make no Proviſion for the Fleſh, to fulfil the Luſts thereof. Cloath me, O Lord, with the Ornaments of thy Heavenly Grace, and cover me with the Robes of Righteouſneſs, thro' Jeſus Chriſt, Amen.

At the Waſhing your Hands, ſay,

O Waſh me throughly from my Wickedneſs, and cleanſe me from my Sins, make me a clean Heart, O God! and renew a right Spirit within me, a Spirit cleaving ſtedfaſtly unto thee, thro' Jeſus Chriſt, Amen.

After which betake yourſelf to your Morning Prayers, with ſingular Devotion; and after them walk a while in your Chamber, and bethink yourſef of the Buſineſs of the following Day, and of a prudent and conſcientious Tranſaction of the Affairs thereof. In the Management of which conſider what

Temptations may probably assault you, and arm yourself against them; what Good your Occasions may render you capable of doing this Day, and resolve within yourself to do it effectually. And in your Dealings with all Mankind, be sure you observe the Golden Rule, *Do as you would be done by.*

When you go forth of your House or Chamber say,

THE Lord preserve my going out, and my coming in, from this Time forth, and for ever more, Amen.

When you behold the Works of the Creation, say,

O Lord! how manifold are thy works? in Wisdom hast thou made them all! The Earth is full of thy Riches.

When you hear or see any Thing extraordinary, say.

BLessed be the Lord God, even the Lord God of Israel, who only doth wonderous Things. And blessed be the Name of his Majesty for ever. And all the Earth shall be filled with his Majesty.

When you hear the Clock, or Hour of the Day, say,

OUR Days upon Earth are but as a Shadow, and we bring our Years to an End, as a Tale that is told; so teach us to number our Days, that we may apply our Hearts unto Wisdom, Amen.

When you go to read the Scriptures, say,

OPEN thou mine Eyes, O Lord, that I may see the wondrous Things of the Law. Amen.

When you are sad, or discontented, say,

WHY art thou so full of Heaviness, O my Soul, and why art thou so disquieted within me? Put thy Trust in the Lord thy God; for I yet will give Thanks for the Help of his Countenance.

When you hunger and thirſt, ſay,

BLeſſed are they that hunger and thirſt after Righteouſneſs; for they ſhall be filled.

When you hear others evil ſpoken of, ſay,

LOrd, who ſhall dwell in thy Tabernacle, or who ſhall reſt upon thy holy Hill? He that hath uſed no Deceit in his Tongue, nor done Evil unto his Neighbour, and hath not ſlandered his Neighbour.

Upon the Senſe of your Sins, and miſ-ſpending your Time, ſay,

CALL to thy Remembrance, O Lord. thy tender Mercies, and thy loving Kindneſs, which have been of old. O remember not the Sins and Offences of my Youth, nor of my riper Years. O deal not with me after my Sins, neither reward me after mine Iniquities; but according to thy Mercy, deal thou with me, Lord. Amen.

Neglect not, when Occaſion offers, to perform ſpiritual Works of Mercy, viz. To inſtruct the Ignorant; to correct Offenders; to counſel the Doubtful; to ſuffer Injuries with Patience; to forgive Offences and Wrongs; and to pray for others. As alſo all corporal Works of Mercy, viz. To feed the Hungry, and give Drink to the Thirſty; to cloath the Naked; to harbor the Stranger and Needy; to viſit the Sick; to adminiſter unto Priſoners and Captives; to bury the Dead; and to do ſuch other charitable Deeds as your Ability will allow of.

When the Day is almoſt expended, think on th Duties you have omitted, and the Crimes you hav committed. Then devoutly aſk Pardon of the A mighty, for the manifold Sins of the paſt Day, in

moſt humble Evening-Prayer ;— Forms of which, for every Day in the Week, are contained in this Book ; —— Which deſervs to be called a Cabinet of Jewels, being a Million Times richer in true Value than the gaudieſt, yet ſold for the ſmalleſt Sum can be named.

As you undreſs yourſelf, conſider,

THAT Time is coming, wherein you ſhall put off this Body of Fleſh, as you do now the Garments which cover its Nakedneſs, — And that you may do this in peace, and to your future Happineſs, your Soul muſt now be ſtripped of the former Converſation of the old Man, which is corrupt according to the deceitful Luſts ; and put on the new Man, which after God is created in Righteouſneſs and true Holineſs.

As you enter into Bed, ſay,

IN the Name of our Lord Jeſus Chriſt, who was crucified upon the Croſs, and laid in the Grave for me, I lay me down to Reſt. He bleſs me, and keep me, he ſave me, and raiſe me up again, and bring me at the laſt unto Life eternal, Amen.

As you betake yourſelf to Sleep, ſay,

I Will lay me down in Peace, and take my Reſt ; for it is thou, Lord, makeſt me to dwell in Safety, Amen. Have Mercy upon me, Lord, now, and in the Hour of Death. Amen. Preſerve me while I am waking ; defend me while I ſleep, that my Soul may continually watch for thee ; and both Body and Soul may reſt in thy Peace for ever and ever, Amen.

Should you in the Night-Time lie awake, ſay,

O LORD ! thou haſt proved and viſited my Heart ; in the Night-Seaſon thou haſt viſited

me. Oh bleſſed Father! purge me, that thou mayeſt find no Wickedneſs in me, through Jeſus Chriſt our Lord, Amen.

Lord, give me Grace to make haſte, and not prolong the Time to keep thy Commandments. that I may call thy Ways to Remembrance, and turn my Feet to thy Teſtimonies. And then at Midnight will I give thee Thanks, becauſe of thy rightous Judgments, O Lord! my Strength and my Redeemer. Amen.

In caſe you are not preſently diſpoſed to Sleep devoutly repate the 15th Pſalm, which to that Purpoſe you muſt be careful to get by Heart.

Have Mercy upon me, O God! &c.

Glory be to the Father, &c.

A Collection of ſhort but excellent Prayers, for every Day in the Week.

A Prayer for Sabbath-Day in the Morning.

Pſalm cxix. 150. *O let my Supplication come before thee: Deliver me, according to thy Word.*

O Lord God! Almighty and ever-living Father, Lord of the Sabbath, and Fountain of all Wiſdom, I preſent theſe my Supplications before Thee, not on mine own Righteouſneſs, but in thy great Mercies, in which I only believe, and put my whole Confidence. O Lord, I beſeech thee moſt mercifully to look upon me, who am by Reaſon of Sin a moſt vile and wicked Creature. It is thou, O Lord! and

thou alone, canſt make me clean, therefore I muſt caſt myſelf wholly on thee, and thy Son Jeſus Chriſt. O Lord, I have great Cauſe to extol and manifeſt thy glorious Name for preſerving me this Night. Thou haſt kept me from the Sleep of Death, bleſſed be thy Name for it, thou haſt made me reſt quietly under the Shadow of thy Wings, and now, Lord, I beſeech thee to protect me this Day with thy mighty Hand, from all Dangers both of Soul and Body. Mortify and kill in me all carnal Luſts, and unlawful Pleaſures, and evil Actions, that they may have no Dominion over me. But O Lord, give me a contrite Heart to bewail the Sins of my Youth, and let me find Comfort in thy Mercies, for the Pardoning of my Sins. Sanctify my Heart, O Lord, that I may ſanctify this thy Holy Day. Make me, O Lord to honour thee as a Creator, love thee as a Redeemer, and hope and truſt in thee as my only Saviour. Oh Lord! let me not ſpeak my own Words, nor think my own Thoughts in this thy Day; but let me ſpend theſe few Hours which thou haſt taken to thyſelf, to thy Glory, that in the End my poor Soul may reap the Comfort of it. O Lord, ſend thy Spirit upon me, to bear Witneſs that I am thy Child, and ſhall be Heir of thy Kingdom, with Jeſus Chriſt, for whoſe Sake, and in whoſe Name, I beſeech thee grant me all thoſe Things I have prayed for. Amen.

An Evening-Prayer for the Sabbath.

O Eternal, ever-living, and ever-loving Lord God, from the Bottom of my Heart I have Cauſe to give thee continual Thanks for the Mercies of this Day; thou haſt preſerved me by thy Power, and

thou haſt dealt bountifully by my Soul, in that thou haſt been pleaſed to refreſh it, with the moſt wholeſome Food of thy moſt Heavenly Word. O Lord, with the Dew of thy Grace water the Word, which I have heard and received, that I may grow thereby. O God forgive the Evil which I have committed this Day. I have done thoſe Things which I ought not to have done. Lord, give me a heart to repent for every Sin which I have committed againſt thee this Day.——O Lord, ſtretch out thy Hand over me, and preſerve me this Night from all evil; preſerve my Body from Death, and my Soul from Damnation; compaſs me about on every Side with thy Gace? guide me in every Thing that I ſhall undertake; let me undertake nothing to the Diſhonor of thy holy Name; but in all Things let me demean myſelf here, that when I come to die, I may be aſſured to attain a Being in thy Kingdom.——O Lord, grant all theſe Mercies to me, and whatſoever elſe thou ſeeſt needful for me, for the ſake of Jeſus Chriſt. Amen.

A Prayer for Monday-Morning.

HOLY Lord God, I thy poor unworthy Creature do here proſtrate myſelf before thee this Morning, humbly intreating thee to look with thy tender Compaſſion on me; pardon my Sins, O Lord and forgive mine Iniquities; blot out my Tranſgreſſions, and let them not come into Remembrance with thee any more. Lord, as I have great Cauſe to bewail my Sins and Wickedneſs; ſo I have great Cauſe to admire and adore thee for all thy loving Kindneſs unto me, more eſpecially for preſerving me this Night paſt. O Lord, thou haſt given me a qui-

et Night's Reſt, bleſſed be thy Name for it. Thou haſt raiſed my Body from the Sleep of Death, Lord raiſe my Soul from the Sleep of Sin, and now in the Beginning of the Week, let me go about the Vocation thou haſt ſet me in with Carefulneſs, and let me undertake nothing that is ſinful, but in all things let me have an Eye to thee, ſo then I am certain every thing which I ſhall take in hand ſhall proſper. Lord, thou knoweſt what's needfull for me, I beſeech thee to ſupply my Wants in that Fountain of Mercy, the Lord Jeſus Chriſt, in whom my Soul ſhall bleſs and magnify his holy Name, for this Time forth, and for evermore. Amen.

An Evening-Prayer for Monday.

ALmighty God of Heaven and Earth, thou who inhabiteſt Eternity, whoſe Dwelling is in the higheſt Heavens, yet thou doſt condeſcend to look down with a tender Eye of Pity and Compaſſion upon our poor ſinful Duſt and Aſhes. O Lord, thou doſt give infinite Occaſions to poor Sinners, Day by Day, to renew the Praiſes due to thy Name. O that I had a Heart and Tongue to ſet forth the Riches of thy Mercies, which thou doſt daily beſtow on men to be more eager and more diligent in purſuing thoſe Riches which are Good. Oh, that I could ſo lead my Life here, that I might be ſure of Heaven hereafter. Bleſſed be thy Name, O Lord, for this Day's Mercies. Lord keep and preſerve me this Night when I go lie down to Sleep, let me be ſo prepared that if it were my laſt Night I ſhould ſleep in this Body, yet I might have Aſſurance in thee. O Lord keep me from all evil Thoughts in the longeſt Night,

from all fearful Dreams, which often disturb carnal Flesh. When I awake, O Lord, let me, holy David, meditate on thy Word, and so no m can come unto me. Finally, I beseech thee, Lord, to guard and defend me this Night, that ne Morning when I arise, I may render up my ning-Sacrifice of Praise and Thanksgiving unto holy Name, for all thy unspeakables Mercies, ch thou Day and Night bestowest upon me: O d, hear me, and in thy due Time answer me. all this I beg upon the Account of thy dear Son, my Saviour. Amen.

A Prayer for Tuesday-Morning.

OLY Lord God, great is thy Name. and above all others to be praised; but for poor sinful and Ashes to dare adventure to come before eat a God, is high Presumption: Yet, Lord, I oor Creature, in and through the Merits of Je- hrist my Saviour, do with all Boldness cast my- t the Throne of thy Grace, and most heartily for the Assurance of thy holy Spirit. O Lord, I thee humble and hearty Thanks for the Preser- of this Night past. O Lord, though I do deserve these Favours from thee, yet, for thy sake, if it be thy blessed Will, continue them I beseech thee, O Lord, as thou hast hitherto, ntinue faithful to me to the End of my Life, when I do depart this Life, I may be an Heir Kingdom of Heaven. This I beg in the of thy Son and my Saviour Jesus Christ, To be ascribed, as is most due, all Honour, and both now and for evermore. Amen.

An Evening-Prayer for Tueſday.

MOST great and moſt glorious incompre
ſible Lord God, I thy poor unworthy C
ture, am now about to offer up theſe my poo
worthy Prayers unto thy Divine Majeſty, hu
beſeeching thee to pardon the Sins which I have
mitted againſt thy Divine Majeſty this Day. M
and great have the Sins of my Youth been, a
Number even as the Sand on the Sea Shore
thy Mercies do far ſurpaſs my Sins. O Lord,
me a Heart to repent of my former Life, and
Evil I have committed againſt the Holy Lor
I have great Cauſe to bleſs thy Holy Name fo
the unſpeakable Mercies which thou haſt beſt
upon me, more eſpecially for the Mercies of this
thou haſt preſerved me in Life and Health, b
be thy Name for it; If it be thy bleſſed Will,
over me this Night, let thy Holy Angels guar
and thy Holy Hand protect me, and when I
from Sleep, let my Meditations be of thy Goo
toward me. And all this I beg at thy Hands, be
ing thee to be a ſtrong Tower of Defence to
for Jeſus Chriſt's Sake, thy Son, and my Redo
from this Time forth for evermore. Amen.

A Morning-Prayer for Wedneſday.

BLeſſed and praiſed be thy Name, O Lor
for all the unſpeakable Mercies, which
Day by Day, and Night by Night, doſt free
ſtow upon poor Sinners. O Lord, what am
thou ſhouldeſt caſt ſo much as one Glimpſe
vour on me; I am a poor Worm, a frail C
Duſt and Aſhes, nay more, a grievious Sinne

, thou haſt Compaſſion on me, thou haſt mer-
y preſerved me this Night, I bleſs thy Name
. Lord keep me, ſtill be thou a Guide to me, and
ou an Overſeer over me, to overlook me, ſo as
ep me from all deadly Sins. Let my Heart, O
, be found right, in undertaking nothing that
l. Set a Watch before my Mouth, that my
ue may utter no unclean Thing. Therefore
and direct me in all Things, that what I do I
do unto the Glory of thy Name and the Good
y own Soul. And all this I beg in the Name
ſus Chriſt, our Lord and Saviour. Amen.

An Evening-Prayer for Wedneſday.

Lord God Father of Heaven and Earth, give
in freſh Supplies of thy Spirit, to thy poor Crea-
that I may continually praiſe thy Name for all
loving Kindneſs, thou doſt every Day beſtow
e. Thou art a God of Comfort and Conſolati-
thou haſt been my Guide all the Day long;
beſeech thee to be my Guardian all the Night;
me to reſt quietly, and when drowſy Sleep va-
h away, ſet my Heart at Work, to meditate
y Mercies, which in abundant Manner thou doſt
w on me. O Lord, awake my Soul, and let
t then enlighten me with thy Mercies, and teach
o do that which is right, and make me hate that
h is evil, and plant me by the Water-ſide, that
y bring forth Fruit to thy Glory, and the Com-
of my wicked and ſinful Soul; this I beg for
s Chriſt his Sake. Amen.

A Prayer for Thurſday-Morning.

Lmgihty and moſt gracious God, I give thee
my moſt humble and moſt hearty Thanks, in

that thou haſt been graciouſly pleaſed to give Reſt to my poor ſinful Body. Lord, if it be thy ſed Will, give ſpiritual Reſt to my Soul. thou haſt commanded, in thy bleſſed Word, none ſhould be idle, but that we ſhould be a occupied in doing Good. I humbly beſeech that thine Eyes may attend upon me always, a me beſtow this Day, and the Reſt of my Life, ding to thy bleſſed Will and Pleaſure, ſetting ever before mine Eyes, always living in thy and working that which is acceptable in thy Sig Grant this, I beſeech thee, for Jeſus Chriſt's Sa

A Prayer for Thurſday-Night.

MOST merciful God, and ever-living F thou who doſt beſtow ſo many Bleſſin me, give me an underſtanding Heart, and le Lips ſhew forth thy Praiſe. Oh, what a paterna haſt thou over me! Thou haſt kept me from Dangers of Body and Soul; thou haſt given me Raiment, and Health. But, above all, thou ha en the choiceſt of all thy Mercies, the Lord Je beſeech thee, good Lord, grant me the Gua all thy bleſſed Angels, to keep me this Night evermore; and grant, when I ſleep in Death, m dy may reſt temporally to thy Glory, and my ſort. All which I beg at thy Hand, for the M of Jeſus Chriſt my Lord and Saviour. Amen.

A Prayer for Friday-Morning.

O Moſt merciful Father, as thou haſt of thy Mercy vouchſafed a quiet Paſſage of this in Reſt to my Body, gant, I beſeeech thee, that beſtow this Day, and the Remainder of my L

thy Service, ſo that all my Thoughts, Words, and Actions may redound to thy Glory, and the good Example of others. Lord, ſtrengthen me againſt the Temptations of Satan, keep me from all Ill, and deliver me from all Danger. Receive me, Lord, into thy Protection, then I need not fear any Ill. Forgive me, Lord, all my Sins, and blot out all my Tranſgreſſions; and let the little remaining Part of Life be ſpent to thy Glory, and to the Comfort of my immortal Soul. Theſe my weak Petitions, O Lord, grant, for the Sake of Jeſus Chriſt, who hath taught us, when we pray, to ſay, Our Father, which art in Heaven, &c. Amen.

A Prayer for Friday-Night.

O Eternal God and merciful Father, who this Day and all Times of my Life, graciouſly defend and preſerve my Soul and Body; eſpecially I praiſe thee for my Redemption, by thy Son, and my Saviour. Grant me, O Lord, the help of thy Grace, and thy Holy Spirit. Tho' my Body takes its natural Reſt, yet O Lord, knit my Soul unto thee; for in thee is only true Reſt to be found. O Lord, let my Soul rejoice in thee; in thee alone can Salvation be found. O Lord, let thy mighty Hand and outſtretched Arm be my grand Defence; thy Mercy, and loving Kindneſs, in Chriſt Jeſus, thy dear Son, my Salvation; thy true and Holy Word my Inſtruction; thy Grace and holy Spirit, my Comfort unto the End, and in the End, my Preſervation; through Jeſus Chriſt, our Lord and Saviour. Amen.

A Prayer for Saturday-Morning.

O Immortal God, Father of our Lord Jeſus Chriſt, accept my Morning Sacrifice of Praiſe

and Thankſgiving. —— Thou haſt refreſhed m
weary Body, this Night paſt; I humbly intreat th
to add a further Bleſſing unto me, and rouze my So
from Sin. Cut off the Root of the evil Tree of n
corrupt Heart. ——Give me a ſure Hope, and t
gracious Pardon of Sins, and of everlaſting Life
that ſo long as I am in this World, I may have
Taſte and Feeling of it in my Heart. O Lord,
beſeech thee to ſend a Bleſſing upon my Labou
Prepare my Heart in all my Buſineſs, that I may
it to the Honour of thy Name, and ſo go forwa
in thy Fear, and finiſh it with thy Bleſſing, that wha
ſoever I ſhall do, may proſper. —Grant this, mo
gracious Lord, for the Sake of Jeſus Chriſt, our mo
bleſſed Saviour and Redeemer. Amen.

A Prayer for Saturday-Night.

BLeſſing and Glory be given unto thee, O Lor
for all thy Bleſſings beſtow'd on me this Wee
And now, O Lord, the Day is almoſt ſpent, and t
Night is at Hand, I beſeech thee, this Night ta
me into thy Cuſtody; ſave me waking and ſleepin
that I may ſleep and wake in Peace. Prepare m
Lord, for the holy Sabbath, and unlock the Myſ
ries of thy holy Word unto me, that I may ſee t
Things which belong to my Peace, learn the Leſſo
of Duty, and underſtand the Certainties of Morta
ty, that I may ſtrive to live in thy Fear, and die
thy Favour, and be made Partaker of Heaven's Jo
O Lord, grant theſe Deſires, and whatſoever e
thou knoweſt needful for me, for Jeſus Chriſt
Sake, my Advocate and Redeemer; in whoſe wor
I further addreſs myſelf unto thee, Our Father, &

FINIS.